

# Senior Services at the Lexington Community Center September/October Newsletter



September/October 2016 Issue 399

Lexington Senior Services

39 Marrett Road

Lexington, MA 02421

781-698-4840

[www.lexingtonma.gov](http://www.lexingtonma.gov)



*Connecting the Lexington community for  
greater health and well-being*

- ◆ Information
- ◆ Referral
- ◆ Limited Case Management
- ◆ SHINE
- ◆ Transportation
- ◆ Nutrition
- ◆ Programs/Activities
- ◆ Volunteer Opportunities

## The Council on Aging Board

Betty Borghesani, Co-Chair \* Julie Ann Shapiro, Co-Chair  
Nancy Adler \* Ellen Cameron \* Camille Goodwin  
Sophia Ho \* Gerry Howell  
Marion Kilson, Secretary  
Harry Mackay \* Rich McDonough

The COA Board meets monthly at the Community Center. The next meetings are September 7<sup>th</sup> and October 5<sup>th</sup> from 2:30pm.- 4:00pm. Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues. The COA Board invites you to attend.

## Lexington Human Services Department seeks Volunteers at the Community Center

If you are thinking about a new way to get involved in your community, volunteering at the Lexington Community Center may be for you! Volunteers have long been considered the “heart” of senior services and provide critical staff support. We’d love to meet you and discuss some of the opportunities available. Here are just a few:

- ◆ Volunteer in the Library area of the Community Center, greeting people and helping them with our new “take a book, leave a book” lending program.
- ◆ Work at the front desk, greeting customers and answering phones.
- ◆ Volunteer to greet and sign in diners at the Lex Café’.
- ◆ Volunteer in the Cardio-Fitness room.
- ◆ Volunteer directly with homebound seniors in the Friendly Visitor Program.
- ◆ Volunteer in the Fix-It or Windowpane Shops and use your retail and customer service skills.

For more information about volunteering or to sign up for an informational coffee, please contact the Human Services Department at 781-698-4855.

## Lexington 2017 Senior Services Tax Work-Off Program

Since 2006 the Town of Lexington has offered a unique property tax relief program to residents. The Senior Services Tax Work-Off Program offers eligible Lexington property owners, age 60 and over, the opportunity to volunteer their time working in a municipal department. The money earned is then applied to their property tax bill, reducing the total amount owed. For more information, please call Paula McGlynn at 781-698-4845. Income guidelines apply, applications are accepted throughout the fiscal year.

Please note - due to feedback the Calendar of Events sponsored by the Human Services Department is back (See page 6 & 7 for drop-in programs and specials programs that require sign up in advance.)

**NEW!**

## Human Services Staff

Phone 781-698-4840 Fax 781-863-2271  
 Web Site Address- <http://www.lexingtonma.gov>  
 Monday - Friday, 8:30 a.m.- 4:30 p.m.

Charlotte Rodgers, RN, MA, CCM Director

Kelly Axtell, BS, MBA, Asst. Director Senior Services

Kristie Demirev, LICSW, Youth/Family Services

Hemali Patel, LSW, Senior Services Coordinator

Alicia Grunes, RN, BSN

Paula McGlynn, Office Manager

Gwen Jefferson, Administrative Clerk

Michelle Kelleher, Administrative Clerk

Gina Rada, Veterans Services Director

Jeanette Rebecchi, Transportation Manager

781-698-4841

781-698-4842

781-698-4843

781-698-4844

781-698-4847

781-698-4845

781-698-4846

781-698-4822

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781-698-4821

[crodders@lexingtonma.gov](mailto:crodders@lexingtonma.gov)

[kaxtell@lexingtonma.gov](mailto:kaxtell@lexingtonma.gov)

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[jrebecchi@lexingtonma.gov](mailto:jrebecchi@lexingtonma.gov)

**Sign up for September/October Programs begins:**  
**August 10<sup>th</sup> for Lexington Residents/August 24<sup>th</sup> for Non-Residents.**  
**Sign up in person or by phone at 781-698-4870 starting at 8:30 a.m.**

### American History Virtual

**Tuesday, September 6<sup>th</sup> from 10 - 11 a.m.**

Test your knowledge of the origins, structure, and responsibilities of our government. *Presented by Ohio History Connection.*

### Night out in Town -\$10 per person

**Friday, September 16<sup>th</sup> from 5 p.m. to 7 p.m.**

Join us for appetizers (catered by Via Lago) and dance lessons by professional dance instructor and good time with friends!



### Scams Presentation w/Sheriff Peter Koutoujian

**Tuesday, September 20<sup>th</sup> from 9:30 a.m. to 11 a.m.**

The Sheriff and local officials will discuss common scams, how they impact seniors, and how to keep yourself safe.

*Offered through the Middlesex Sheriff's Office L.E.A.R.N. program.*

### Pizza Lunch - \$3

**Thursday, September 22<sup>th</sup> at 12 p.m.**

Join us for pizza and salad.

**Please sign up and pay \$3 by September 15<sup>th</sup>.**



### Non-Profit Organization Panel

**Tuesday, September 27<sup>th</sup> from 10:30 - 12 p.m.**

Here is your chance to come listen to members of various non-profits in town and the services they provide.

### Coffee & Conversation with DPW Director, David Pinsonneault

**Wednesday, September 28<sup>th</sup> 9:30 - 10:30 a.m.**

Bring your questions and concerns about what the Public Works Department does for the town.



### Affordable Housing Options

**Tuesday, October 4<sup>th</sup> from 10 am to 11:30am**

Come learn about what affordable housing is, who qualifies, and how you can find available units in the area. We will also be talking about senior specific concerns such as: aging in place, downsizing, and assisted living. *Presented by Metrowest Community Development.*



### Tea Tasting

**Thursday, October 13<sup>th</sup> from 1:30 p.m. to 2:30 p.m.**

Join us for an afternoon tea in our beautiful mansion area.

*Sponsored by Home Instead and Davids Tea.*

### Craft Beer Tasting

**Thursday, October 20<sup>th</sup> from 3 p.m. to 5 p.m.**

If you enjoyed our wine tasting in March you are sure to enjoy this event. You will have an opportunity to try craft beers paired with yummy food.

*Sponsored by Atria Senior Living.*



### Property Tax Discussion –Robert Lent

**Monday, October 24<sup>th</sup> from 10:30 a.m. to 11:30 a.m.**

Join Robert Lent, Town Assessor, for a discussion about property values. The focus of the event is to answer audience questions.

Please submit questions prior to the event to Hemali at [hpatel@lexingtonma.gov](mailto:hpatel@lexingtonma.gov) or drop off at the Community Center.

### Halloween Lunch - \$4

**Thursday, October 27<sup>th</sup> at 12 p.m.**

Join us for a Halloween celebration – costumes are optional, however, prizes will be awarded for the best costumes! Enjoy soup, half-sandwich and desert.



Remember to register for a Community Center membership. Non-residents pay a \$12 yearly fee.

## Free Programs/Support Groups

### The Evergreen Group (Chinese Senior Support Group)

This group meets to talk about personal and family issues.

**Monday 10 a.m. September 12**

### An Hour with Senator Donnelly

**Tuesday 10:30 a.m. October 18**

### Money Matters

**Tuesday 9:30 a.m. September 6 - October 25**

### Parkinson's Support Group

Facilitated by Alicia Grunes, RN, BSN but mainly led by the members. Ages range from 50's -80's, all at different stages of Parkinson's. Family members and caregivers are welcome to join their loved ones. Topics may include diet, medications, symptom management and coping mechanisms.

**Tuesdays 1 p.m. September 27 & October 25**

### World Affairs

A discussion group focused on important world issues & events.

**Tuesdays 1:15 p.m. September 6 - October 25**

### Computer & Technology Group

Join us for presentations, demos and Q&A help on various computer topics. See our announcements and updates at <https://groups.yahoo.com/neo/group/LexingtonComputerGroup/info>

**Wednesdays 10 a.m. September 7-October 26**

### Caregivers Group

A support group for caregivers, caring for someone with memory impairment, looking for emotional and social support from peers.

**Call Hemali at 781-698-4844 to sign up.**

**Thursday 1 p.m. September 1 & October 6**

### Low Vision Group at the Community Center

Do you struggle with activities of daily living due to vision loss? Would you be interested in hearing speakers or discussing specific topics that relate to vision loss?

**Wednesday 10:30 a.m. September 14 & October 12**

**For more information call Alicia Grunes, RN 781-698-4847.**

### Low Vision Group (at Brookhaven)

Meeting is held at the Clubroom. Park in the visitor parking area.

**Thursday 11:00 a.m. September 29 & October 27**

### Bereavement Group (Drop-In)

**Thursday 1p.m. September 8 & October 13**

This is an open and on-going support group for adults who have experienced a loss due to a death. You can find strength, understanding, and compassion in this safe and supportive environment. **For information call Alicia Grunes, RN 781-698-4847.**

### Current Events

Join us for a lively discussion about the week's news.

**Fridays 1:15 p.m. September 2 -October 28**

## Trips

### **The Old Mill Restaurant & Tower Hill Gardens**

**September 13<sup>th</sup> \$69 (residents) \$79 (NR)**

Enjoy the foliage as you travel to The Old Mill Restaurant in Westminster, MA, where you'll enjoy a delicious, full course luncheon. After lunch, travel to the beautiful Tower Hill Botanical Gardens in Boylston, MA. Here you'll stroll the gardens and grounds to explore nature. You can also walk the woodland trails and watch the interaction of plants and animals in the Wildlife Garden's Birdhouse viewing station.

**Choose entrée:** *Yankee Pot Roast, Baked Stuffed Chicken w/walnuts or Baked Stuffed Filet of Sole .*

**Depart 9:00 a.m. (39 Marrett Rd.) Return 5:30 p.m.**

### **New Hampshire Turkey Train**

**October 19<sup>th</sup> \$69 (residents) \$79 (NR)**

Travel on your luxury Silver Fox Motor Coach for an exciting day tour as we travel to scenic New Hampshire. Your first stop will be at Moulton Farm. Their many fruits, vegetables and bakery items will astound you. You will then depart for the station to board your 12:30 train. All Aboard! You'll board the Scenic Railroad Dining Car for your train ride where you will be served a delicious full course luncheon featuring Hart's Turkey Farm Roast Turkey with whipped potatoes, butternut squash, a beverage and an ice cream sundae for dessert. After the train returns, you'll board your coach for Kellerhaus Candy shop.

**Depart 9:00 a.m. (39 Marrett Rd.) Return 5:30 p.m.**

### **Trip Policy/Sign Up:**

Payment is required at sign-up for trips. You may sign up as soon as you receive your newsletter. Itinerary subject to change upon discretion of the tour guide. If insufficient enrollment causes a trip to be cancelled, participants will receive a refund. Participants who withdraw from a trip 10 business days or less prior to the trip will not be eligible for a refund.

## Movies - Tuesdays at 1:15

### **Remember - September 13**

Action Thriller, R (95 min.)



### **Hello, My Name is Doris - September 27**

Romantic Comedy, R (90 min.)

### **Dirty Grandpa - October 11**

Comedy, R (102 min.)

### **Little Boy - October 25**

Comedy, Family Drama R (107 min.)

## Veterans Services



The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

### Honor Flight New England

Honor Flight New England recognizes American veterans for your sacrifices and achievements by flying you to Washington, D.C. to see YOUR memorial at NO COST. Currently, top priority is given to World War II and terminally ill veterans from all wars. For more information or an application, call Gina Rada, District Director of Veterans Services, at (781) 698-4848.

### Lexington Veterans Association

**Monday, September 12<sup>th</sup>, at 1:15 p.m. at the Lexington Community Center, 39 Marrett Rd in the Dining Room. (change of location for this meeting only.)** This program entitled: *"The History of U.S. Military Ration Development"* will be presented by Dr. Jeanette Kennedy, Technical Advisor, Office of the Director, Combat Feeding Directorate.

**Tuesday, October 11<sup>th</sup>, at 1:15 p.m. (date change due to holiday)** at Cary Memorial Library (Meeting Room.) This program entitled: *"On Being the Secretary of the U.S Air Force"* will be presented by Sheila Widnall, Ph.D., Institute Professor and Professor of Aeronautics and Astronautics, Department of Aeronautics and Astronautics, MIT.

***Come early between 12:45 - 1:15 to network with friends.***

For more information about the Lexington Veterans Association visit our website at [www.lexingtonveteransassociation.com](http://www.lexingtonveteransassociation.com)



**Save the Date:**

**Annual Veteran's Breakfast**

**Saturday, November 5<sup>th</sup> at 8:30 a.m.**

This event honors Lexington Veterans and is open to any Lexington Veteran and one guest.

**Tickets \$5 available September 1<sup>st</sup>  
at the Community Center.**

**For more information call Gina Rada at 781-698-4848.**

## Transportation Services

### Lex-Connect Program Increases Taxi Voucher Limit

Lexington seniors can now buy up to 12 vouchers per month per person through the Lex-Connect program. Lex-Connect provides a discount of 50-70% off your taxi ride. Make a reservation at least the day before your trip. Vouchers are only valid on trips Monday - Friday from 9a.m. to 5p.m. and Saturday/Sunday from 8a.m. to 8p.m. Rides within Lexington cost \$3, rides to an adjacent town cost \$10, and rides to several area towns cost \$15. This program does not go to Boston or Logan Airport. New participants must apply in person to use the program— pre-registration is required.

### Lexpress Begins Fall Schedule August 30

Lexpress will start its school year schedule on Tuesday, August 30<sup>th</sup>. Routes 1, 3, and 5 will resume their 6:35AM trips. There are no 7:30AM trips on these routes during the school year. To view the full schedule visit [www.lexpress.us](http://www.lexpress.us) or pick up a paper copy at various locations around town.

### Lexpress Community Center FY17 Schedule

Lexpress stops at the Community Center front door approximately every half hour from 8:35AM through 4:28PM, and at several locations in the immediate vicinity throughout the day. We're happy to help you plan your trip! Call 781-861-1210 for assistance.

#### Route 1

Stops at the Community Center front door 35 minutes past the hour from 8:35AM – 1:35PM, and at 2:40PM and 3:50PM. Route 1 also stops at the corner of Marrett Road and Mass Avenue 6:35AM - 6:30PM.

#### Route 2

Stops at the Community Center front door 8 minutes past the hour 9:08AM - 2:08PM, and at 3:18PM and 4:28PM. Route 2 also stops at the corner of Follen Avenue and Marrett Road from 7:00AM – 6:00PM.

#### Route 4

Stops at Mass Ave opposite Marrett Road 21 minutes past the hour 7:21AM – 2:21PM, and at 3:31PM, 4:41PM, and 5:51PM.





## Living Well

### Dietician Talks

#### Gluten Free Diet

Friday, September 16<sup>th</sup> 11:15 a.m.

Learn what it means to follow a gluten free diet and how you should be following this type of diet.

#### Heart Healthy Eating

Friday, October 21<sup>st</sup> at 11:15 a.m.

Learn how you should be eating to lower your risk of heart disease.

Sign up at 781-698-4870.

### Diabetes Support Group

Friday, September 9<sup>th</sup> at 11:15 a.m. (room 217)

Do you have diabetes? Would you like to meet with other seniors who also have diabetes? Do you feel you could use support in managing your diabetes and would like to share or hear about diabetes management strategies? Join Barbara Collins, RDN, LDN to discuss how often the group could meet and what type of topics related to diabetes management could be discussed. **Sign up at 781-698-4870.**

### Nutrition Counseling Services

Barbara Collins, RDN, LDN is available for one on one nutrition counseling. **Contact Kelly Axtell, Assistant Director Senior Services at 781-698-4842 to schedule an appointment.**



### Podiatry

Thursday, September 15<sup>th</sup> & 22<sup>nd</sup>

Thursday, October 20<sup>th</sup> & October 27<sup>th</sup>

from 9:30 a.m. to 1:30 p.m.

Dr. Edgar Mullin, Jr., D.P.M., will now be providing Podiatry services. He will do 15 minute visits providing trimming and filing ONLY. The cost of a visit is \$30. (*payable to the doctor*)

To make an appointment please call the Community Center at 781-698-4870 starting August 10<sup>th</sup> at 8:30 a.m. (for residents) August 24<sup>th</sup> (for non-residents). Please call Alicia Grunes, RN at 781-698-4847 with questions.

### Meals-on-Wheels

(Minuteman Senior Services.) Home-delivered meals. For information call 781-272-7177.



### SHINE

Counselors are available to help you with your health insurance. Call the Community Center at 781-698-4870 to make an appointment. *SHINE counselors are provided by Minute-man Senior Services and available by appointment only.*

### Senior Health Outreach Program

This program is available to seniors who are home-bound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. For more information call Alicia at 781-698-4847.



### Lexington Memory Café

Wednesday, September 21<sup>st</sup> and October 19<sup>th</sup>  
from 9 a.m. - 11:30 a.m.

For more information or to sign up please contact Abby Ferreira at 781-863-1166 x104.

Are you, or someone you know, struggling with memory problems? Are you looking for a group of people that understands your needs as a caregiver or an individual struggling with dementia or Alzheimer's? Join this once-a-month memory café that will introduce you to folks in a similar situation. This is NOT a support group but rather a social gathering of people to engage you and learn something new. Door-to-door transportation available by request.



### Blood Pressure Clinics

1<sup>st</sup> Thursday of the month - **Community Center**  
39 Marrett Road. 10 - 11 a.m.

3<sup>rd</sup> Thursday of the month - **ALL Villages**

**Countryside Village** - 10:00-10:30 a.m.

off Woburn St.- in Lexington Housing Authority Office Building/Meeting Room.

**Greeley Village** - 10:45- 11:15 a.m.



off Bedford St., turn in on Tewksbury St. or Shirley St. in the center building/meeting and laundry facilities.

**Vynebrooke Village** - 11:30-12:00 p.m.

off Waltham St.- in the center building



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:00 Fix-It Shop 10:00 Blood Pressure <i>Community Center</i> 10:00 Windowpane 1:00 Caregivers	<b>2</b> 9:30 Windowpane 12:00 Lunch- <i>LexCafé \$</i> 1:15 Current Events
<b>5</b> <b>CLOSED</b> 	<b>6</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 <i>American History Virtual Program</i> 1:15 World Affairs	<b>7</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 <i>Computer &amp; Tech Group</i> 12:00 Lunch- <i>LexCafé \$</i> 2:30 COA Meeting	<b>8</b> 9:00 Fix-It Shop 10:00 Windowpane 1:00 Bereavement	<b>9</b> 9:30 Windowpane 11:15 Diabetes 12:00 Lunch- <i>LexCafé \$</i> 1:15 Current Events
<b>12</b> 8:30 SHINE 9:30 Windowpane 10:00 Evergreen 12:00 Lunch- <i>LexCafé \$</i> 1:45 ESL 2:00 Matter Balance	<b>13</b> 9:00 Fix-It Shop 9:00 Tower Hill Trip 9:30 Money Matters 10:00 Windowpane 1:15 Movie 1:15 World Affairs	<b>14</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 <i>Computer &amp; Tech Group</i> 10:30 Low Vision 12:00 Lunch- <i>LexCafé \$</i> 3:00 OWLL Kick-Off Reception	<b>15</b> 9:00 Fix-It-Shop 9:30 Podiatry \$ 9:30 FCOA Meeting 9:30 DeStress 10:00 Windowpane 10:00 BP All Villages	<b>16</b> 9:30 Windowpane 11:15 Dietician Talks 12:00 Lunch w/Town <i>Manager \$</i> 1:15 Current Events 5:00 Night Out \$
<b>19</b> 8:30 SHINE 9:30 Windowpane 12:00 Lunch- <i>LexCafé \$</i> 1:45 ESL 2:00 Matter Balance	<b>20</b> 9:00 Fix-It Shop 9:30 Money Matters 9:30 Scams 10:00 Windowpane 1:15 World Affairs	<b>21</b> 9:00 Memory Cafe 9:00 Fix-It Shop 10:00 Windowpane 10:00 <i>Computer &amp; Tech Group</i> 12:00 Lunch- <i>LexCafé \$</i>	<b>22</b> 9:00 Fix-It-Shop 9:30 Medicare Q&A 9:30 Podiatry \$ 10:00 Windowpane 12:00 Pizza Lunch \$ 12:00 OWLL Poetry \$	<b>23</b> 9:30 Windowpane 12:00 Lunch- <i>LexCafé \$</i> 1:15 Current Events
<b>26</b> 8:30 SHINE 9:30 Windowpane 12:00 Lunch- <i>LexCafé \$</i> 1:45 ESL 2:00 Matter Balance	<b>27</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:30 Non-Profit 1:00 Parkinson's 1:15 Movie 1:15 World Affairs	<b>28</b> 9:00 Fix-It Shop 9:30 Coffee w/DPW 10:00 Windowpane 10:00 <i>Computer &amp; Tech Group</i> 12:00 Lunch- <i>LexCafé \$</i>	<b>29</b> 9:00 Fix-It-Shop 10:00 Windowpane 10:00 OWLL Music \$ 12:00 OWLL Poetry \$	<b>30</b> 9:30 Windowpane 12:00 Lunch- <i>LexCafé \$</i> 1:15 Current Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8:30 SHINE 9:30 Windowpane 12:00 Lunch-LexCafé \$ 1:45 ESL 1:30 Parkinson's Tai Chi \$ 2:00 Matter Balance	<b>4</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Affordable Housing 1:15 World Affairs	<b>5</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer & Tech Group 10:00 OWLL MacBeth\$ 12:00 Lunch-LexCafé \$ 2:00 OWLL Microbes\$ 3:00 COA Meeting	<b>6</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Blood Pressure Community Ctr. 10:00 OWLL Music \$ 12:00 OWLL Poetry\$ 1:00 Caregivers	<b>7</b> 9:30 Windowpane 10:00 SHINE 10:30 Brain Wellness 12:00 Lunch-LexCafé \$ 1:15 Current Events 2:00 Destress II
<b>10</b> <b>CLOSED</b>  <b>Columbus Day</b>	<b>11</b> 9:00 Fix-It Shop 9:00 Fire Safety 9:30 Money Matters 10:00 Windowpane 1:15 Movie 1:15 World Affairs	<b>12</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer & Tech Group 10:00 OWLL MacBeth\$ 10:30 Low Vision 12:00 Lunch-LexCafé \$ 2:00 OWLL Microbes\$	<b>13</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 OWLL Music \$ 12:00 OWLL Poetry\$ 1:00 Bereavement 1:30 Tea Tasting	<b>14</b> 9:30 Windowpane 10:00 SHINE 10:30 Brain Wellness 12:00 Lunch-LexCafé \$ 1:15 Current Events
<b>17</b> 8:30 SHINE 9:30 Windowpane 10:30 Property Tax 12:00 Lunch-LexCafé \$ 1:30 Parkinson's Tai Chi \$ 1:45 ESL 2:00 Matter Balance	<b>18</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Wellness Fair at Scottish Rite 1:15 World Affairs	<b>19</b> 9:00 Memory Cafe 9:00 Fix-It Shop 9:00 Turkey Train \$ 10:00 Windowpane 10:00 Computer & Tech Group 10:00 OWLL MacBeth\$ 12:00 LunchLexCafé \$ 2:00 OWLL Microbes\$	<b>20</b> 9:00 Fix-It-Shop 9:30 Podiatry \$ 9:30 FCOA Mtg. 10:00 Windowpane 10:00 OWLL Music \$ 10:00 BP All Villages 2:00 Destress 3:00 Beer Tasting	<b>21</b> 9:30 Windowpane 10:00 SHINE 10:30 Brain Wellness 11:15 Dietician Talks 12:00 Lunch w/Town Manager \$ 1:15 Current Events
<b>24</b> 8:30 SHINE 9:30 Windowpane 10:30 Property Tax 12:00 Lunch-LexCafé \$ 1:30 Parkinson's Tai Chi \$ 1:45 ESL 2:00 Matter Balance	<b>25</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:00 Parkinson's 1:15 World Affairs 1:15 Movie	<b>26</b> 9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer & Tech Group 10:00 OWLL MacBeth\$ 12:00 Lunch-LexCafé \$ 2:00 OWLL Microbes\$	<b>27</b> 9:00 Fix-It-Shop 9:30 Podiatry \$ 10:00 Windowpane 10:00 OWLLMystery\$ 12:00 Halloween Lunch \$	<b>28</b> 9:30 Windowpane 10:00 SHINE 10:30 Brain Wellness 12:00 Lunch-LexCafé \$ 1:15 Current Events
<b>31</b> 8:30 SHINE 9:30 Windowpane 12:00 Lunch-LexCafé \$ 1:30 Parkinson's Tai Chi \$ 1:45 ESL 2:00 Matter Balance	 <b>October</b>			

## Outreach

### Brain Wellness Workshop

Fridays, October 7 - 28, 10:30 a.m. to 12 p.m.  
(\$10 cost for 4 week session)

Participate in the 4 session workshop on Brain Wellness where you will learn about the eight components of brain wellness, the science behind them and how to practice them in daily life.

**Session 1:** The eight components of brain wellness. The brain an amazing organ. Memory formation. Understanding neurogenesis and neuroplasticity.

**Session 2:** Understanding neurocognitive reserve. Cognitive activity and cognitive decline.

**Session 3:** Stress, depression and cognitive decline. Positive sense of well-being. Leisure, music and brain wellness.

**Session 4:** Socializing, sense of purpose & brain wellness.

*This program is sponsored by the FCOA.*  
**Sign up and pay at the Community Center.**



**Revitalizing Your Brain**

### A Matter of Balance Fall Prevention Workshop

Dates: Mondays, Sept 12 – Nov 7 (no class Oct 10<sup>th</sup>)  
Time: 2 PM - 4 PM

(Class meets once per week for 8 weeks)

**Are you concerned about falls?** Have you fallen in the past? Are you interested in improving balance, strength and flexibility? *This is the class for you!*

**A Matter of Balance** is a proven, award-winning fall-prevention program designed for adults. This program focuses on useful strategies to manage falls. This Healthy Living program is offered by Minuteman Senior Services, and made possible through generous funding from the Dana Home Foundation and the Cummings Foundation.

#### Participants will learn to:

- ◆ View falls as controllable
- ◆ Set goals for increasing activity
- ◆ Make changes to lessen the risk of falls at home
- ◆ Exercise to increase strength and balance
- ◆ Get up after a fall

**Sign up with Hemali Patel, 781-698-4844**  
**Please register early as space is limited!**

### Destress Programs

Throughout the fall and into the winter we will be offering one program a month to help destress. As winter and holidays creep up on us we find ourselves stressed and busier than normal with shopping, cooking, decorating and preparing for the cold months ahead. If you're looking for ways to help you relax and destress come join us once a month from September-December to do something stress-free.

**Thursday, September 15<sup>th</sup> from 9:30a.m. to 10:30 a.m.**  
Join us for a continental breakfast and zentangle workshop sponsored by Excel Center for Nursing and Rehabilitation.  
**Sign up required at 781-698-4870.**

**Thursday, October 7<sup>th</sup> from 2 p.m. to 3:30 p.m.**  
Join us for an afternoon of creativity and relaxation with a painting class sponsored by Meadowgreen.  
**Sign up required at 781-698-4870.**

### Moving Easy: Parkinson's Tai Chi

**Mondays, October 3<sup>rd</sup> – November 28<sup>th</sup>**

**from 1:30pm-2:30pm (no class Columbus Day)**

The Human Services Department is excited to offer a specialized Tai Chi class adapted for people living with Parkinson's disease, Dystonia, and other movement disorders. *Moving Easy* provides a safe, stress-free, relaxing environment to work on balance, flexibility and fluidity. **Cost is \$96/8 wks.**





## Outreach

### **Medicare Open Enrollment period is October 15<sup>th</sup> through December 7<sup>th</sup>. Discover things you should do every year!**

As our life and health may change over time, so can our medical insurance plan! Be sure to review your current coverage for next year – 2017. Is it still the right coverage for your needs? Watch your mail! By the end of September, you will receive the “Annual Notice of Coverage” from your current plan. This is a summary of your benefits and provides the opportunity to insure that the premium is still affordable, that your medical providers still accept the plan, that your medications are still covered, and more. From October 15<sup>th</sup> through December 7<sup>th</sup> you can make any necessary changes to your coverage effective for January 1<sup>st</sup> 2017.

The Minuteman Senior Services SHINE Program can help to examine your plan and compare it to others available in your area.

SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling for Medicare beneficiaries and their caregivers. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit

[www.minutemansenior.org](http://www.minutemansenior.org)

### **Medicare Open Enrollment Presentation**

**Thursday, September 22<sup>nd</sup> from 9:30 a.m. to 11:30 a.m.**

The Minuteman Senior Services SHINE Program will make you aware of things to consider when evaluating your health plan and answer questions for beneficiaries, family and caregivers

**Sign up is mandatory to insure enough handouts for participants. Please call 781-698-4870.**

### **Lexington Fire Department, Senior Services and Dana Home Foundation Offers Smoke Alarm Installation Program**



The Fire Department, Senior Services and the Dana Home Foundation are pleased once again to announce a joint program to install smoke alarms in homes of qualified seniors living in Lexington.

**Residents eligible for the program will be screened to meet the following guidelines:**

- ◆ Home built prior to 1975
- ◆ Age 60+
- ◆ Lexington resident who own their own home
- ◆ Self-identified as meeting low income guidelines
- ◆ (eligible for fuel assistance per LIHEAP federal guidelines or other benefit programs)

If your home does not have any smoke alarms or at least one on each level of your home, you're encouraged to apply. Battery operated smoke alarms and carbon monoxide detectors will be properly located and installed in your home. However, future maintenance of the smoke alarm and carbon monoxide detector, including changing of the batteries annually, will be the responsibility of the homeowner.

Application forms are located at the Lexington Community Center and the Lexington Fire Prevention Office. **If you have questions or would like to apply by phone please call the Fire Prevention office at (781) 862-0272 x121.**

You will be contacted if selected for this program.



### **Fire Safety in the Home**

**Tuesday, October 11<sup>th</sup> from 9 a.m. to 11 a.m.  
at the Lexington Community Center**

The Lexington Fire Department is pleased to announce a program on Fire Safety in the home. Please join us for a light breakfast and discussion.

**Please sign up at 781-698-4870. (Sign up is required)**



## O.W.L.L. Courses for Older, Wiser, Lifelong Learners



### O.W.L.L. Fall Semester Courses for September, October, and November 2016

Please join us for O.W.L.L.'s kick-off Reception and COURSE SIGN-UP  
on Wednesday afternoon, September 14<sup>th</sup> from 3:00-5:00

#### **Poetry: A Comical-Anecdotal History of the Poetry of the English-Speaking World, Replete with Gossip, Parodies, and Scurrilous/Ridiculous Reviews! (4 Thursdays starting September 22<sup>nd</sup> 12-2:00)**

I'll be telling stories and reciting parodies, making jokes, retailing the juiciest gossip, and giving snippets of the most extreme reviews of poets and the poems they wrote in English from the time of Chaucer on. Along the way, I'll be giving a biographical and literary background to the material, reading and reciting some of the poems that were the butt of ridicule, or the object of either savage scorn or cloying praise, or were somehow involved in the stories. **Instructor: Tom Daley**

#### **American Music Makers: Gershwin, Copland, and Bernstein**

**(4 Thursdays starting September 29<sup>th</sup> or Tuesdays starting November 8<sup>th</sup>, 10 a.m. -12 p.m.)**

These composers were instrumental in creating a distinctly American musical style. Since there was no established American musical tradition, these artists had a clean slate on which to compose. Their challenging task was to make their art apparent to the American audience in ways not yet heard. In our four weeks together, we shall probe the life of each artist and examine elements in his music—esthetic, political, and personal—that make it uniquely American. **Instructor: Dotty Burstein**

#### **Five Microbes that Changed the World (5 Wednesdays starting October 5<sup>th</sup>, 2-3:30 p.m. no class 10/12)**

What makes microbiology different from other areas of biology and why is it so important? We will study this through history and science, using model microbes to learn how microorganisms have changed both the course of human history and our own lives as well, in positive and some negative ways. There is no prerequisite. **Instructor: Dr. Mary Allen**

#### **Meet the MacBeths: Politics, Ambition, Murder and Guilt (6 Wednesdays starting October 5<sup>th</sup>, 10 - 12p.m.)**

Shakespeare's astonishingly well-crafted and gripping drama explores marriage and monarchy. It is an intense examination of hunger for power and the power of influence, shining a light into the desires of the human soul and the horrifying lengths to which some men and women will go to fulfill those desires. (Macbeth: Folger edition) **Instructor: Dr. Elizabeth Kenney**

#### **Why We Read Mysteries: A Mysterious Literary Genre: (4 Thursdays starting October 27<sup>th</sup>, 10-11:30 a.m.)**

We will look at how mysteries work—the detectives, the plots, and the settings. Ultimately, we'll consider why so many people love to read mysteries. We'll explore classic mysteries, Swedish noir, and comic mystery, among others. Finally, we will highlight the works of some favorite authors. **Instructors: Helen Cohen and Don Cohen**

#### **Political Leadership in China: Yesterday and Tomorrow**

**(4 Fridays starting November 4<sup>th</sup>, 9-10:30 a.m) no class 11/11 & 11/25**

Beginning with an introduction of the idea of "Mandate of Heaven," "Meritocracy," "Inner Court and Outer Court," and "Dynastic Change," we'll discuss changing sources of political legitimacy in China. Mainly, the course includes analysis of: political succession, political loyalty vs technical competency, the process of selecting and promoting leaders, and the effect of term and age limit. Finally, we'll conclude with a brief analysis of the profiles of China's new ruling elite. **Instructor: Dr. Shiping Zheng**

**REGISTRATION: ALL REGISTRATION FOR OWLL COURSES OFFICIALLY BEGINS ON SEPTEMBER 14.**

If necessary, mail-in registrations will be held until 9/14 and then processed.

Note: **All registration** for O.W.L.L. courses is through Lexington Community Center. **Checks** (for \$25/course) should be made out to the **Town of Lexington**. **Credit card** registration available online at: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm). Financial aid is available for Lexington residents. **Lexington residents over 60** will be given preference when there is a limit in the number of course participants. For further information, email [owll.fcoa@gmail.com](mailto:owll.fcoa@gmail.com) or call the Community Center at 781-698-4870.

## Community News

### SAVE THE DATE! LEXINGTON COMMUNITY SENIOR WELLNESS FAIR

**Tuesday, October, 18<sup>th</sup> from 10 am - 1 pm**  
**At the Scottish Rite Masonic Museum &  
Library, 33 Marrett Rd.**

- ◆ **Town of Lexington Senior Flu Shot Clinic**
- ◆ **Booths and Demos by a Variety of Health & Wellness Organizations that serve local Seniors**
- ◆ **Healthy Snacks and Complimentary Box Lunch**
- ◆ **Special Guest Speaker, Massachusetts Secretary of Elder Affairs, Alice Bonner**

*The Senior Wellness Fair is being organized by Brookhaven at Lexington through a generous grant from the Dana Home Foundation.*

### 2016 Flu Season

Flu Season has begun which means it is time for your yearly flu vaccine! Keep an eye out for the list of dates and times where you can receive your vaccine for FREE. The dates will be posted on the bulletin board in the community center, on our Facebook page, as well as multiple places around town. Remember, the best way to prevent the spread of flu is to get vaccinated! ***If you are a Lexington resident homebound and unable to get out to get the flu vaccine our Human Services Nurse, Alicia Grunes, RN, can make home visits. Call Alicia to set up an appointment at 781-698-4847.***



### ArtSpan (Munroe Center) Classes At the Lexington Community Center

#### **Mah Jongg for Beginners** with Laura Zoll

We will cover all aspects of the game, progressing through familiarity with the tiles, building the wall, dealing the tiles, mastering the card, understanding the Charleston, betting, and strategy. Limited to 8. Course Code: s16sapmj  
8 Mondays from 10-11:30, October 17 - December 5 - \$50

#### **Music & Munch: The Baroque Era** with Laura Zoll

Bring your lunch and immerse yourself in the glory of Baroque music. We will listen, learn, and marvel at the virtuosity of the 17<sup>th</sup> and 18<sup>th</sup> centuries. Composers include Bach, Handel, Vivaldi, Purcell, Telemann, Strozzi, Pachelbel, Allegri, and Cozzolani. Code: f16sapmm: 7 Mondays from 12-1:30pm, October 17 - November 28. \$44 tuition.

#### **Plein Air Sketching w/ Ink & Ink Wash** - Emily Passman

This outdoor class will encourage you to sketch what you see on the grounds of the Lexington Community Center. You may want to bring something to sit on! Materials to bring with you will be sent to registrants in a separate email. Artists of a wide variety of abilities can be accommodated. Limited to 10. Code: f16sappa: 8 Tuesdays, 10am-12pm. September 13 - November 1. \$50

**Students may register in person or by calling ArtSpan at 781-862-6040.**

**Look for 60 + Fitness Programs in the Town  
of Lexington's Recreation Brochure.**  
**Sign-up begins August 29<sup>th</sup>.**



### Senior Drop in Programs:

Mah Jongg	Mondays	11a.m - 1p.m.
Bridge	Wednesdays	1p.m. - 3 p.m.

### Senior Golf: Mondays & Thursdays at Pine Meadow Golf Course at 8:30 a.m.

Experienced senior golfers are invited to these two weekly morning events. For more information contact John Demoy at 781-861-7843.



### Lexington Farmers Market Tuesdays, from 2 to 6:30 p.m.

The market is on the corner of Woburn Street and Mass. Ave. in Lexington Center. It features locally grown produce, baked goods and other prepared foods, and artisans tent.



Lexington Human/Senior Services  
Lexington Community Center  
39 Marrett Road  
Lexington, MA 02421

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*Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.*

### **The Town of Lexington Department of Human Services**

Visit our website at <http://www.lexingtonma.gov>

#### **Lex Café - Senior Dining (age 60 plus)**

**Lunch: Monday, Wednesday and Friday, 12:00 p.m. To make a reservation or cancellation please call Despina at 781-698-4850 by 10 a.m. the previous day.** Weekly menus can be found at the Community Center. Suggested donation is \$3. Menus are subject to change. Deluxe meal site is coordinated by Minuteman Senior Services. Brookhaven at Lexington has been contracted to provide meals.

#### **Lunch with Town Manager– Carl Valente**

Friday, September 16<sup>th</sup> and October 21<sup>st</sup> from 12 p.m.– 1p.m.

Carl encourages seniors to bring any questions and concerns to him at this time.

#### **Newsletter**

The Senior Services newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Hall, Cary Library and at the Community Center. If you would like to receive the newsletter electronically, please sign up at

[www.lexingtonma.gov/email](http://www.lexingtonma.gov/email)

#### **The Friends of the Council on Aging (FCOA)**

Jane Trudeau, President \* Suzanne Caton\* Dan Fenn \* Janice Kennedy \* Mickey Khazam  
Lorain Marquis \* Susan O'Keefe \* Elaine Smith \* Carol Snell \* Shirley Stolz \* Chris Worcester

The "Friends" are a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals and services. They meet at the Community Center at 9:30 a.m. on the 3rd Thursday of every month.

Please join us! For more information please visit our new website at <http://www.friendsoftheco.org>

If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center.

Mail to P.O. Box 344, Lexington, MA. 02420.

#### **Fix It Shop**

**Open Tuesday, Wednesday & Thursdays  
From 9:00 a.m. to Noon**



The Fix it Shop has limited space and we ask that you bring in only **ONE small item** at a time for repair – also, please remember to pick up your repaired item promptly!

The Fix it Shop is looking for one or two people with electronic or furniture repair experience – if you are interested please call Paula McGlynn at 781-698-4845.

#### **Windowpane Shop**

**Open Monday & Friday, 9:30 a.m. –2 p.m.  
Tuesday, Wednesday & Thursday from 10 a.m. –2 p.m.**

Accepting small donations of like-new clothing, jewelry and small gift items **Monday & Friday only.**

